

# October Newsletter



— WELCOME —

## BACK TO SCHOOL



Our school year is off to a great start!  
We're excited to be back with friends  
and back to learning!

### IMPORTANT DATES

Family Night	Oct. 4
Picture Day	Oct. 11
NO SCHOOL	Oct. 15
Parent/Teacher Conferences	Oct. 15 & 18
NO SCHOOL	Oct. 29
Early Release Day	Nov. 9
Picture Retake Day	Nov. 15
Dad's Night	Nov. 15
Thanksgiving Break	Nov. 21-23

STAY **UP** TO DATE

Watch your emails, check out our websites, and follow us on Facebook for the most up-to-date information!



# A Message From the Principal

Hello Everyone!

It's been a terrific start to our school year! Teachers have been busy getting to know your child(ren) using observations, conversations, assessments and looking over seat work! Students have been learning all of the routines in the classroom, out in the building and on the playground.

One big change to our playground this year has been our recess schedule. Students in Coulee Montessori will have only students from Montessori on the playground with them. Students at Northside will recess only with friends from their grade.



This new schedule has allowed us to better supervise recess time because the recess supervisors are your child's teachers.

Our recess times are as follows:	10:00am	NSE Kindergarten
	10:30am	NSE 1st Grade
	11:00am	NSE 2nd Grade
	11:30am	NSE 3rd Grade
	12:00pm	NSE 5th Grade
	12:30pm	All Coulee Montessori
	1:30pm	NSE 4th Grade

Has this happened to you? The long quiet. Sometimes my kids are reluctant to tell me much about their day. Here are some great "conversation starters" I found to use when they stare blankly at me. I thought you might be interested also! :-)

- Describe a book you enjoyed today.
- Tell me what you learned today that you'd like to know more about.
- What's the coolest thing that happened today?
- What made you laugh today?
- How were you kind or helpful today?
- Was anyone kind or helpful to you?

As always feel free to stop in, write an email or give me a call! I am always interested to speak with the families of our students!

Laura Huber



## Health Room News & Information

### WISCONSIN Seal-A-Smile 2nd and 3rd Grade October 4th & 5th

La Crosse County Seal-A-Smile will be at NSE/CM on Oct. 4th & 5th to provide dental services to 2nd and 3rd grades. Services will be provided by a Registered Dental Hygienist and include a basic dental screening, cleaning if needed, fluoride varnish, and dental sealants. If you would like your child to participate, please complete the consent form that will be sent home with your child or fill one out online by clicking [here](#). If you have a child in 3rd grade that participated last year, a new consent form does not need to be completed. There is no cost for the dental services.

## Latex Controlled School

**Northside Elementary/Coulee Montessori is a latex controlled school to meet the needs of students with latex allergies. Items that are not allowed at this school include latex gloves and latex balloons.**

**If you have any questions, please feel free to speak with our principal.**

Ms. Cheryl Heath (608)789-6703

### October

T: 23rd, 30th  
TH: 25th

### November

T: 6th, 13th, 20th, 27th  
TH: 8th, 16th, 29th

### December

T: 4th, 11th, 18th  
TH: 6th, 13th, 20th

### January

T: 22nd, 24th  
TH: 29th, 31st

### February

T: 5th, 12th, 19th, 26th  
TH: 7th, 14th, 21st, 28th

### March

T: 5th, 26th  
TH: 7th, 14th, 28th

## 2018-2019 YNNC CALENDAR

Hours:  
3:30-5:30pm



HEALTHY KIDS  
HEALTHY FAMILIES  
HEALTHY COMMUNITY  
YOUR NORTHSIDE NEIGHBORHOOD CLINIC



Breakfast and Morning Recess Begin at 7:45am

# School Begins at 8:15am

# School Ends at 2:55pm

Morning Preschool · 8:15am-10:45am

Afternoon Preschool · 12:15pm-2:55pm

## Picture Day



### October 11th

 MyLifetouch

# PARENT-TEACHER CONFERENCES

**October 15, 2018**

12:00pm-8:00pm

NO SCHOOL

**October 18, 2018**

4:00pm-8:00pm

Regular School Day

Watch for more  
Parent/Teacher  
Conference  
information and how  
to schedule your  
conference online

## Meet Our Community Social Worker!



**Deb Dobrunz**

I am the La Crosse Area Family Collaborative Neighborhood Social Worker. My Name is Deb Dobrunz. I am a Social Worker that works to keep things going smoothly for your family. My specialty is helping people find community services that can help families before things get difficult. This month I wanted to spotlight focusing on knowing where to go to get a mentor for your child. There are many area programs that can help your child get connected including the Boys and Girls Club, the Big Brother/Big Sister Program, KAMO programs, Real Girls, Youth engagement at the YMCA and others. Please don't hesitate to give me a call.

## COUNSELOR'S CORNER

The Northside/Coulee Montessori School Counseling Program is prevention-oriented with a primary goal of helping students to reach their fullest potential. It has been wonderful getting-to-know your children so far this year and we look forward to meeting and working with you all.

Our roles as Northside/CM school counselors:

- Working with students in small groups on topics such as social skills, friendship, family changes, self-esteem, etc. Students are welcome to join groups throughout the year.
- Meeting with students individually on issues such as peer conflicts, academic concerns, family changes, grief issues, anger management, etc.
- Teaching developmentally appropriate, skill-based classroom guidance lessons in all Pre-K through 5th grade classrooms covering the areas of academic success, social skills, self-management, protective behaviors, careers and transition. This includes the topics of listening, cooperation, friendship, problem-solving, and personal safety.
- Consulting with teachers, staff, administrators, parents and community resources.
- Working with parents to help their children reach their social, emotional, and academic potential.

Please feel free to contact us if we can assist you or your child in any way.  
Northside Students & Families      Coulee Montessori Students & Families  
Melani Fay      Heather Gartner  
(608)789-6747      (608)789-6739



# Message from Northside PTO

Hello from the Northside PTO!

The Northside Elementary PTO (Parent Teacher Organization) is a non-profit group made up of teachers, staff and parents who work together to help improve the school experience. NSE PTO raises funds to help support teachers in various ways.

Another way YOU can support students and teachers is by **volunteering!** There are several ways to volunteer here at Northside including in the classroom or at evening events. Feel free to contact your student's classroom teacher to discuss ways to help or email the PTO to get additional information about volunteering at after school events.

## Upcoming Events and Volunteer Opportunities

- Tuesday, October 2 6pm-7pm: **PTO General Meeting** at Northside Cafeteria
- Thursday, October 4: **Family night** (Hotdogs and chili; bake sale; program with Ms. Fay)
- Monday, October 15: **Parent/Teacher Conferences Meal Donations**

A taco bar will be provided for staff on the Monday parent/teacher conferences. Kwik Trip has generously donated the meat but we are looking for donations for all the fixings. Please click [HERE](#) for more information and items to be donated.

## Your 2018-2019 Northside Elementary PTO Board

President:	Amy Delimat
Vice-President:	Beth Crammond
Treasurer:	Gretchen Knusdon-Stuhr
Secretary:	Cindy Reineking

We look forward to seeing what the 2018-2019 school year brings!

Click [Here](#) to  
Email the PTO



PTO

# Message from Coulee Montessori SET

Hello from the Coulee Montessori SET!

The Coulee Montessori School Effectiveness Team (SET) is a group of teachers, parents, and community members who work closely with school district staff to guide the operational, financial, educational, and collaborative aspects of the charter school.

The October SET meeting will be held at Lincoln Middle School on October 16th at 5:30pm. All parents are welcome to attend! If you are unable to attend but have a question for SET, you can email SET by clicking the button below.

Follow Coulee Montessori's SET Facebook Page for updates and to connect with fellow CM families.

Show your appreciation for our fabulous Teachers!  
Sign up to contribute to a meal for teachers during Parent/Teacher Conferences on Thursday 10/18. Click [HERE](#) for details.

## Upcoming Events

October 25th - Parent Education Night hosted by Coulee Montessori SET.  
Free food and a Raising Resilient Children presentation.

## Making Coulee Montessori Stronger

You can help improve our school by donating and participating right now in these activities and events:

- Bringing in Milk Moola and Box Tops, and purchasing Kwik Trip Scrip Cards
- School Store – CM Merchandise for purchase at school events
- Burrachos Night (stay tuned for announcement of the date)

Also stay tuned for more information about these upcoming fundraisers!

## SET Board Member Directory

Brian Merkey – President  
Nell Saunders-Scott – Vice President  
Elaine Phillips – Secretary  
Vie Matty – Treasurer

Click [Here](#)  
To Email SET



RAISING RESILIENT CHILDREN  
& THE POWER OF  
POSITIVE PARENTING

MONTESSORI PARENT EDUCATION NIGHT  
October 25, 2018 | 5-7 PM  
Northside/Coulee Montessori Elementary School Cafeteria  
1611 Kane Street, La Crosse, WI

**FREE EVENT**  
**Bring your Children:**  
Free child-enrichment  
activities provided

Schedule of Events  
5:00-5:30 Free Food & Refreshments  
5:30-6:30 Michael Scott, "Raising Resilient Children"  
6:30-6:45 Q&A  
6:45-7:00 Social

Sponsors: School District of La Crosse's Coulee Montessori School Effectiveness Team and The Parenting Place



## News From Title 1

Welcome to the 2018 - 2019 school year! Mellanie Ferguson has joined the Northside Title 1 team! She comes to us with a lot of experience, so we are very excited to have her! Laura Moore and Michelle Boge are returning again this year. We are all excited to begin working with students!

Title 1 services at Northside are school-wide. The Title 1 program allows us to provide support to students who may need additional help with reading or math. Children are selected to participate in the Title I program through testing results, classroom performance and teacher recommendations. The program is designed to give students additional minutes of reading or math instruction in a small group setting, in addition to the regular classroom reading or math program. They are monitored regularly to make sure that progress is being made. If your child is eligible for the program and you would prefer that they not participate, please let us know as soon as possible. We also welcome any suggestions you have to help make the program better.

Thank you,

Laura Moore  
789-6736

[lmoore@lacrossesd.org](mailto:lmoore@lacrossesd.org)

Michelle Boge  
789-6741

[mboge@lacrossesd.org](mailto:mboge@lacrossesd.org)

Mellanie Ferguson  
789-6773

[mferguso@lacrossesd.org](mailto:mferguso@lacrossesd.org)

# Early Release Days

**November 9**

**March 15**

**January 11**

**May 10**

School will dismiss at 12:55pm on Early Release Days. The YMCA and BGC will have afterschool care starting immediately after early release until their regularly scheduled times.

## Trinity Clothes Closet

**Mondays 4:30-6:00pm**

**1010 Sill Street**



**The Clothes Closet's mission is to provide gently used and new clothes and shoes for students in need.**



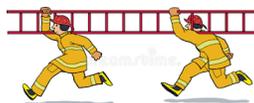
The School District of La Crosse does not discriminate against students on the basis of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, emotional, learning disability or handicap in its education program or activities.

# Namaste.

New this year, students in all grades at Northside Elementary School can center themselves during group yoga and mindfulness exercises after lunch. The daily ten minute practices, led by teachers and staff, help kids decrease stress and anxiety while increasing attention through breathing, awareness, meditation, and healthy movement.



# Visit from the Fire Department



Thanks for teaching us about Fire Safety!



## Coulee Montessori E1 & E2 Visited Deep Roots Community Farm!

They visited the animals, planted seeds, did some farm chores, surveyed the land, and had some fun play time!



# M.A.P.L. NEWS

Music, Art, P.E. & Library



Hello from the Northside Specialists Team!

We are so happy to be getting to know your children this year. In all Northside Art, Music, and PE classes, we are learning about expectations, the importance of the arts and PE in our lives, and reviewing content and techniques we learned in the past. We can't wait for you to see and hear the results of all of the learning taking place in our classrooms!

Northside Specialists Amoreena Rathke, Jessica Ingvalson, and Brad Skaer will be having conferences in one location for the first night of conferences and will be available for scheduled conferences as well.

We hope to see you!



## We would like to introduce Art Teacher, Marcia Crowley to you!

Marcia teaches our Northside 1st grade students! She is looping with her kindergarten students from last year. We are grateful for the gentle guidance and knowledge of art she shares with our students every day.



Here is a little bit more about Mrs. Crowley in her own words:

*I have been an Art Specialist in the School District of La Crosse for 26 years. My main school is State Road Elementary but as a traveling teacher I have taught at many schools including Elementary, Middle and High School and the Juvenile Detention Center. I also taught at the University level. My medias of choice are sculpture, drawing and watercolor. I have been a Vernon County 4-H Leader for over 35 years and am a historic cook at Villa Louis in Prairie du Chien - (Wisconsin's oldest historic site). In historic costume I work on the wood stove with recipes and methods of the 1800's. My 16*

## Library News

Our Northside and Coulee Montessori students have been learning where to find things in their library through virtual library tours and Where's Waldo Scavenger Hunts! They have been finding fantastic books to check out and learning from Marion the hedgehog, Penelope Popper, and even the Pigeon about how to take care of our library books! Please help your child take care of their library books and return them on their library day. Happy Ready,  
Ms. Martin



# M.A.P.L. NEWS

Music, Art, P.E. & Library



Hello Coulee Montessori Families,

My name is Carissa Brudos. I am the Art Specialist for E2 and Children's House. I teach art at Northside from 2:05-2:50 each day. I have taught in the La Crosse School District for 16 years. Currently, I teach at Summit Environmental School and Northside Coulee Montessori. I am excited to teach Art and all its possibilities to Coulee Montessori. Throughout the year, the students will be exploring art materials, techniques, cultures and artists. Art vocabulary will also be emphasized throughout the art lessons and activities. I will be posting art work, events and activities on the Northside/Coulee Montessori Facebook Art page throughout the school year. If you have any other questions or concerns you can contact me by phone, or email at [cbrudos@lacrossesd.org](mailto:cbrudos@lacrossesd.org).

Thank you for your continual support and dedication to the visual arts program.

Artfully Yours,  
Carissa Brudos

Hello E1 families!

My name is Casey Scheuerell and I am the Visual Arts teacher for the E1 students. I travel to Coulee Montessori in the morning for the E1's then I travel to Southern Bluffs for the remainder of the day. The Coulee Montessori art room is in a new location this year! Come visit us downstairs in Room 143, next to the Northside Kindergarten and 1st grade classrooms. We are excited to share with you our new space that allows kids to experiment, grow, and create to their hearts' delight!

If you want to meet with me during conferences, I will be in the art room on Monday, October 15th from 12pm - 2pm. The rest of the schedule I will be at Southern Bluffs. If you have any questions, comments, or concerns, please feel free to reach out to me at [cscheuer@lacrossesd.org](mailto:cscheuer@lacrossesd.org).

Looking forward to a fantastically creative year together!  
Ms. Scheuerell

Dear Coulee Montessori Families,

My name is Nick O'Keefe and I am very excited to be the E2 Coulee Montessori and Children's House, Physical Education Instructor. I have instructed Coulee Montessori students for the last couple years. I am writing to share with you a little bit about myself and also what your children and I have been working on in the Physical Education classroom.

I am originally from Green Bay, but have lived in the La Crosse area for more than 10 years now. I am a graduate of UWL with a masters in Outdoor Adventure Education and an undergraduate degree in Physical Education Teaching with a minor in Adapted Physical Education Teaching. While attending UWL, I fell in love with the La Crosse area and decided to stay and start my family and teaching career here. This school year is my 12th year teaching Physical Education in the district. My wife and I have been married for 12 years now and together have a beautiful 8 year old girl named Lily and a 2 year old named Lakin. Enjoying the river and outdoors is where you can find my family and I spending all of our extra time.

This school year seems to be off to a great start for everyone in the physical education classroom. To start the year, we spent a couple classes getting to know each other and focusing on learning the rules in the gym and on the playground. Along with learning all the do's and don't of the playground, we also made sure everyone knew the rules of a couple popular playground games.

More importantly than anything else in my Physical Education classroom is how students treat each other and show respect for everyone in the room! Throughout all of my instruction there is a strong underlined focus on values and respect for all!

I feel very lucky to be a positive light in your child's overall educational process. Please feel free at anytime to contact me with any questions or concerns at [nokeefe@lacrossesd.org](mailto:nokeefe@lacrossesd.org) or 608-789-7986.

Thank You,  
Nick O'Keefe  
Coulee Montessori/Summit Elementary Physical Educator

# From the Attendance Office



## School Bells and Tardiness

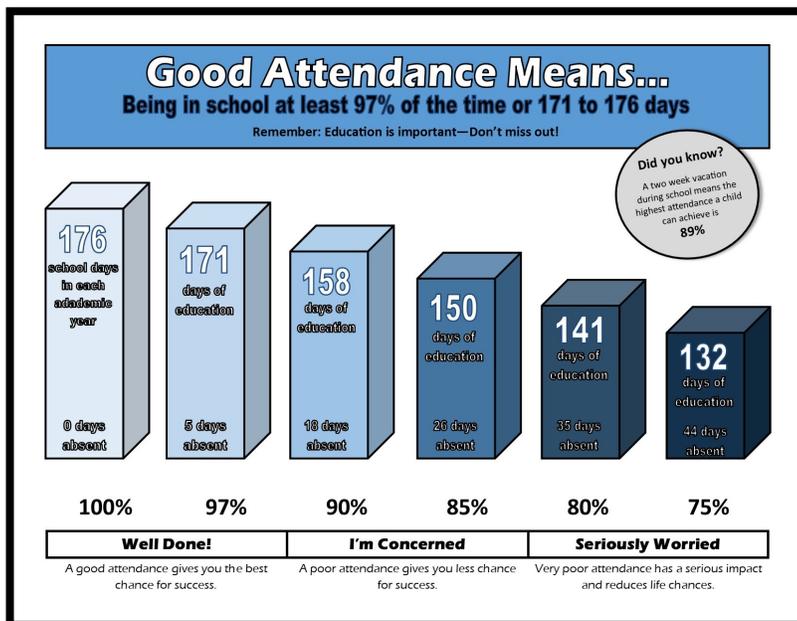


The first bell rings at 8:10am to signal student's should head to their classrooms. Students should be in their classrooms when the 2nd bell rings at 8:15am. Any student arriving to class after the 8:15am bell will be marked tardy. If arriving to school after the 8:15 bell, students must enter through the main entrance on Kane St. and be signed in at the office.

### Punctuality is important!

Students who are late for school interrupt the classroom and miss valuable instruction and work time.

The end of the day bell rings at 2:55pm. Students leaving school early will be marked absent, similar to a tardy.



**CHALLENGE**

**STRIVE FOR LESS THAN FIVE DAYS ABSENT!**

**TIPS TO HELP AIM FOR 5 OR FEWER ABSENCES THIS YEAR**

1. Set a regular bedtime
2. Prep clothes and backpack the night before
3. Only keep children home if they are truly sick
4. Have a back-up plan for getting to school
5. Avoid scheduling doctor's appointments and trips during school hours



**Attend Today, Achieve Tomorrow**

## **Attendance Policy Reminder**

It is the parent/guardian's responsibility to call the office by 9:00am each day that the student is absent. A message may be left at anytime before, during, or after school. If a student is arriving tardy or from an appointment, the parent/guardian should come into the office with their student to sign them in. If a student needs to leave school before the end of the day, the parent/guardian should come into the office, sign out their student, and the office will call the student down.

If a student is missing two or more days of school due to vacation, scheduled surgery, etc. an Excused Absence Request should be filled out in the office for principal approval.

Northside Elementary and Coulee Montessori will again utilize our computerized auto-calling system, Skylert, for attendance purposes. Skylert is a device that plugs into our existing computer system. It has the capability of reading the absence report and can automatically call parents/guardians when their students are reported absent without reason.

A pre-recorded message will be received by parents/guardians at 10:00am informing them that their student was marked absent. The parent will then be instructed to call the Attendance Office to update their student's attendance record. It is up to the parent/guardian to resolve each absence; failure to resolve an absence will result in truancy.

Thank you for your cooperation!



**School Attendance Matters!**  
**ALL DAY, EVERYDAY**

**Remember to call the school office  
by 9:00am each day your student is absent.**

**Attendance  
Office:**

[\(608\)789-7970](tel:(608)789-7970)



## WHEN IS SICK TOO SICK FOR SCHOOL?



**Send me to school if...**

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



**Keep me at home if...**

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



**Call the doctor if...**

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).



Adapted with permission from Baltimore County Public Schools.

# Superstars

## Northside 5th Grade

### Math Stations in Ms. Westman's Class



Students in Ms. Westman's class are doing math stations—different math activities to practice multiplication fact fluency.



### Class Pets in Mrs. DeMuth's Room



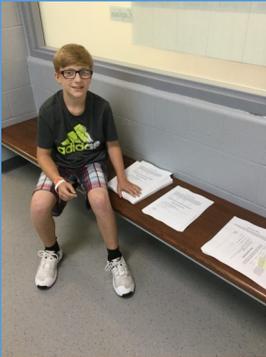
Mrs. DeMuth's class has two bearded dragons, Laverne and Squiggly. Students love to read and do homework with them! Having these bearded dragons is not only fun for the students, but a great way to teach them about compassion, respect and responsibility.



# Superstars

## Northside 5th Grade

### Helping with the Food Pantry



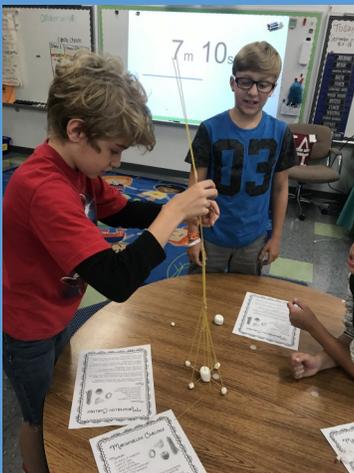
At Northside Elementary we do not just talk to our students about the importance of being good citizens. The Northside Coulee Montessori Food Pantry, which is run by the 5th grade students, allows our students to give back to the community in which they live. 5th graders pack around one hundred thirty bags of groceries a month and deliver these bags to the classrooms. Knowing that their efforts will help a family is a great feeling. The food pantry also gives our students opportunities to enhance their group, organizational, and interpersonal skills. The Northside Coulee Montessori Food Pantry is just one of the many great aspects about our school.



"It's not simply enough to speak to young people about the importance of being good citizens, or even to provide them with community service opportunities; citizenship is, of course, a set of skills that need to be learned," says Jonathan White, director of the Bentley Service-Learning Center (BSLC) and associate professor of sociology. "Attaching service-learning to curriculum allows for the skills to be taught, discussed, reflected upon and honed inside an academic setting."

Service-learning provides students with opportunities to develop civic engagement skills. By working with community members, students can enhance their group, organizational and interpersonal skills. They also can gain important experience working with diverse members of their communities. May 21, 2018

### Group Work in Ms. Westman's Room



Students were building towers out of marshmallows, spaghetti, string, and tape. They had to work as a group to build the tallest freestanding tower in 10 minutes. The class then talked about perseverance, working in groups, and how to be problem solvers. This helped them build community in their classroom.

# Featured Staff

## Mr. Brad Skaer



Brad Skaer is Northside's new Physical Education teacher. He grew up outside of the Wisconsin Dells in a small town called Mauston. He graduated from Winona State University with a Bachelor's of Science Degree in Physical Education. He now reside on the south side of La Crosse. Brad is currently in his 11<sup>th</sup> year in education. He started as an Adapted/ Elementary Physical Education teacher in Black River Falls. He then taught at the West Salem School District for five years teaching Adapted/ High School Physical Education. For the last three years, he has been teaching here in La Crosse with the Integrated Support Program. Brad hopes to continue to make positive relationships with staff and students. In his free time, he enjoys golfing, fishing, hunting and attending concerts. He is really excited to have the opportunity to teach at Northside and can't wait to get to know all of you.

## Ms. Jessica Ingvalson



Jessica Ingvalson is our new Elementary General Music Teacher at Northside Elementary School. Jessica comes to us from Rushford-Peterson Public Schools where she was the K-12 General and Vocal Music Director. Prior to that she was the K-12 General and Vocal Music Director at Mabel-Canton and Lanesboro Public Schools (2 years), Private Voice Instructor at the Minnesota Conservatory for the Arts (7 years), and an Adjunct Voice Instructor at Saint Mary's University (4 years). Jessica enjoys spending time with her family, reading, camping, cooking and baking, and singing. She is from La Crescent, MN and currently resides there. She is a professional musician in the area and sings for various special events. Jessica is very excited about the opportunity to join the team at Northside Elementary School!

## Welcome to our new specialists!





**Lunch Times**

CM - 12:00pm  
 KG - 11:15am  
 1st - 12:15pm  
 2nd - 11:30pm  
 3rd - 11:00am  
 4th - 11:45am  
 5th - 12:30pm

**School Meal Prices**

**Student Lunch**  
 Full Price: \$2.80  
 Reduced Price: \$0.40  
 Milk: \$0.50

**Student Breakfast**  
 Full Price: \$1.60  
 Reduced Price: \$0.30

**Adult Pricing**  
 Breakfast: \$2.50  
 Lunch: \$3.85  
 Milk: \$0.50

**Click Here for the Monthly Menu**



**Harvest of the Month** 

**October**  **Apples**



**Pick:**

- \*Choose apples that are firm with no bruises or soft spots.
- \*Color may vary depending on variety - it is not an indicator of ripeness.
- \*Depending on variety, apples can be sweet, tart or in between!

**Store:**

- \*Apples can be stored at room temperature for a few days or in a plastic bag in the refrigerator for a few weeks.

**Prepare:**

- \*Wash before eating; for the best nutritional value leave the skin on!
- \*To prevent browning, dip sliced apples in a mixture of lemon juice and water.

**Nutrition Info**

One medium apple has 95 calories and provides vitamin C, potassium and fiber.

**Fun Facts**

La Crescent, Minnesota is the Apple Capital of the USA!

Did you know that Thursday, October 11<sup>th</sup> is the Great Lakes Great Apple Crunch? Schools, preschools, daycares, hospitals, worksites and other organizations across Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio will be celebrating National Farm to School Month by crunching into locally grown apples on this day! For more info visit: <https://www.cias.wisc.edu/applecrunch/>

**Uses**

Make a peanut butter and apple sandwich! Cut thin apple slices, spread with peanut or other nut or seed butter and top with another apple slice!

Sliced apples can also be added to other sandwiches & wraps. Try granny smith apple slices on a grilled cheese sandwich!

Make your own apple dipping bar. Apple dips can include peanut butter, yogurt, caramel, a pumpkin spice mix, and fruit dip; be creative!

**Family Friendly Activity**

Plan a weekend visit to a local apple orchard and pick your own apples.

Set up an apple taste test. Try a variety of apples such as Gala, Pink Lady, Granny Smith, and Honey Crisp. Which apple has the best flavor? Some local apple vendors may offer taste tests in store!



Coalier Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System - Franciscan Healthcare, Goodview Health System, and the School Districts of Bangor, Holmen, La Crescent-Holokah, La Crosse, Otalaska, and West Salem.



### Highly Qualified Teachers

The School district of La Crosse takes pride in hiring only highly qualified teachers. This means they all are fully trained, certified and often experienced in the position they teach. Our faculty consistently has a high percentage of advanced degrees, and we do a good job of retaining some of the top staff in the state and the nation. Life events, such as retirement, childbirth or illness sometimes cause a need for a long-term substitute teacher. When this happens we always make every effort to hire a highly qualified substitute. All are certified teachers and most are licensed in the area in which they are substituting. In rare cases it may be impossible to find a teacher with a particular certification, such as special education. This may result in the district asking the Wisconsin Department of Public Instruction for an emergency license for such a teacher. If you ever have any questions about the certification of any of our staff, please call me, (Laura Huber), principal of (Northside Elementary/Coulee Montessori).

### Links for District Pages

- |  |   |
|--|---|
| <a href="#">District Website</a>                   | <a href="#">School Breakfast/Lunch Menu</a>       |
| <a href="#">Skyward Family Access</a>              | <a href="#">Volunteer Application</a>             |
| <a href="#">District Enrollment Page</a>           | <a href="#">District Facebook Page</a>            |
| <a href="#">4-Year-Old Preschool</a>               | <a href="#">Cultural &amp; Family Connections</a> |
| <a href="#">Choice &amp; Charter Opportunities</a> | <a href="#">Community Services</a>                |
| <a href="#">After School Programs</a>              | <a href="#">Homeless Services</a>                 |
| <a href="#">District Special Education</a>         | <a href="#">Other District Parent Resources</a>   |

**Click Here to View Our Family Handbook**

**Click Here for Important School Documents**



# SAVE THE DATE:

## Flu Clinics

**No cost to family for children 6 months-18 years!**

### Does your child need their flu shot?

The La Crosse County Public Health Nurses will be holding three flu clinics on **Monday, October 15<sup>th</sup>, 2018**.

Clinic locations and times:

**Longfellow Middle School in the LMC  
from 12-2 pm;**

**Logan Middle School in the Office from  
3-5 pm;**

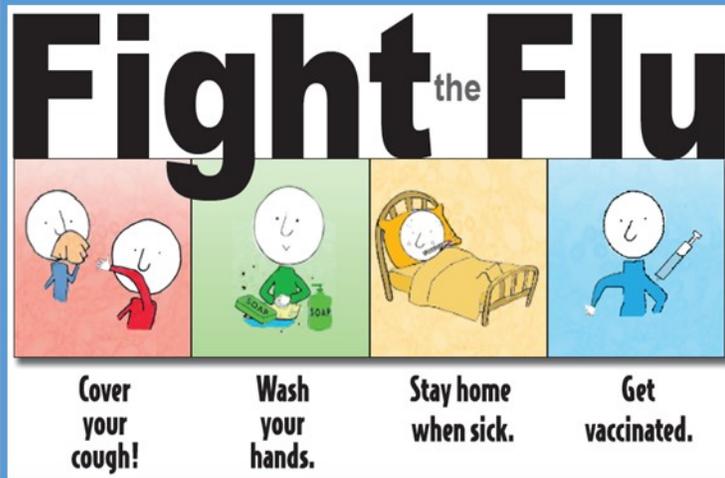
**Lincoln Middle School in the West  
Conference Room from 6-8 pm.**

Flu shots for children (6 months thru 18 years old) provided at no cost to the family.

Middle and high school age students may receive a flu shot at the clinic without a parent present if their "Vaccine School Consent Form for Middle and High Schoolers" is completed and signed by their parent or legal guardian.

Elementary school age children must be accompanied by a parent or legal guardian.

Influenza vaccine for adults age 19 and older will be available at the clinic on a fee for service basis with limited billable insurances. Call with questions.



The consent form, Vaccine Information Statements, and other vaccine related information can be found on the [La Crosse County Health Department website](#). Click the link "Vaccine School Consent Form for Middle and High Schoolers" for consent form.

For more information call the La Crosse County Health Department Public Health Nursing at 608-785-9723



**LA CROSSE COUNTY**  
Health Department  
Nationally Accredited

# Picture Day is Coming

Order before Picture Day at [mylifetouch.com](http://mylifetouch.com)

Picture Day is:

Thursday, October 11, 2018

Northside Elementary School

**1 VISIT:**  
[mylifetouch.com](http://mylifetouch.com)

**2 ENTER**  
your Picture Day ID  
MI428124Y0

**3 ORDER**  
your perfect package—and  
don't worry about returning  
anything on Picture Day!

**Earn & save!**  
Join **MyFamily Rewards™**  
when you order online.



**QUESTIONS? Call LIFETOUCH: 1-866-955-8342**

Retake Day: Thursday, November 15, 2018

# OCTOBER 2018

## Lunch / Northside/Coulee Montessori

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Macaroni &amp; Cheese Hot Dog /Bun Yogurt Lunch Carrot Coins Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick WG Cookie Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins</p>	<p><b>2</b></p> <p>Herb Roasted Chicken Hot Italian Sub Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Mashed Potatoes</p>	<p><b>3</b></p> <p>Orange Chicken EZ Jammer Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Brown Rice Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk</p>	<p><b>4</b></p> <p>Turkey Club Sandwich Homemade Sausage Pizza Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk</p>	<p><b>5</b></p> <p>Mini Corn Dogs Chili Yogurt Lunch Smiley Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Cornbread Chocolate Fat Free Milk Lowfat White Milk</p>
<p><b>8</b></p> <p>Macaroni &amp; Cheese Chicken Nuggets Yogurt Lunch Roasted Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces</p>	<p><b>9</b></p> <p>Chicken Patty Sandwich Meatballs &amp; Gravy Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Mashed Potatoes</p>	<p><b>10</b></p> <p>Sausage Patty <i>served with</i> French Toast Sticks Smoked Turkey Deli Sub Yogurt Lunch Potato Wedges Fresh Veggie Bar Assorted Canned Fruit Assorted Fresh Fruit WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet</p>	<p><b>11</b></p> <p>Sloppy Joe on Bun Homemade Cheese Pizza Yogurt Lunch Baked Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Apple Oatmeal Bar Mini Rice Krispies Treat Chocolate Fat Free Milk Lowfat White Milk</p>	<p><b>12</b></p> <p>Spaghetti Sauce w/Meat <i>served over</i> WG Pasta Cheese Filled Breadstick Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce</p>
<p><b>15</b></p> <p>No School</p>	<p><b>16</b></p> <p>Chicken &amp; Gravy Hamburger on WG Bun Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Ketchup Packet Mashed Potatoes</p>	<p><b>17</b></p> <p>Walking Taco Cheese Quesadilla Yogurt Lunch Salsa Seasoned Refried Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Tostito Scoops Chocolate Fat Free Milk Lowfat White Milk</p>	<p><b>18</b></p> <p>Chicken Alfredo Homemade Sausage Pizza Yogurt Lunch Steamed Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk</p>	<p><b>19</b></p> <p>Fish Nuggets Hot Dog /Bun Yogurt Lunch Roasted Veggies Fresh Veggie Bar Sidekick Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins</p>
<p><b>22</b></p> <p>Meatball Sub Popcorn Chicken Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces</p>	<p><b>23</b></p> <p>Taco Carnita Toasted Cheese Sandwich Yogurt Lunch Salsa Fiesta Black Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Chocolate Fat Free Milk Lowfat White Milk</p>	<p><b>24</b></p> <p>Colby Omelet <i>served with</i> Buttermilk Pancakes EZ Jammer Yogurt Lunch Potato Babycakes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk Syrup</p>	<p><b>25</b></p> <p>Chicken Patty Sandwich Homemade Pepperoni Pizza Yogurt Lunch Baked Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Mini Rice Krispies Treat Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces</p>	<p><b>26</b></p> <p>Chicken Potato Bowl Cheese Filled Breadstick Assorted Yogurt (4 oz) Corn Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce</p>
<p><b>29</b></p> <p>No School</p>	<p><b>30</b></p> <p>Lasagna Rollup Chicken Nuggets Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces</p>	<p><b>31</b></p> <p>Beef Nachos Hot Ham &amp; Cheese Yogurt Lunch Cowboy Corn Salsa Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Tortilla Chips Chocolate Fat Free Milk Lowfat White Milk</p>		

**Yogurt Lunch** Apple Oatmeal Bar - Assorted Yogurt (4 oz) - Cinnamon Goldfish - Animal Crackers - Cheese Stick (1 oz) - WG Cheez-It Crackers - Goldfish Crackers - Strawberry Oatmeal Bar - Scooby Doo Grahams - Graham Bug Bites - Chocolate Elf Grahams - Teddy Grahams - Graham Cinnamon Crips - Cinnamon Grahams - Sunflower Seeds  
**Price Information** Breakfast(\$1.60), Reduced Price Breakfast(\$0.30), Lunch(\$2.80), Reduced Price Lunch(\$0.40), Adult Breakfast(\$2.50), Adult Lunch(\$3.85), Milk Half Pint(\$0.50)

**View more:** <http://schools.mealviewer.com/school/NorthsideCouleeMontessori>

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mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
fax: (202) 690-7442; or  
email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
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